

July



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-Insanity- Lisa 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Morgan	3 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Tabata-Kelly S 6:30-Lift & Tone-Geri	4 9:15-JAMZ- PETRA HAPPY 4TH OF JULY!	5 9:15-20/20/20- Terry 10:30-Yoga/Pilates-Robin 5:30-PIYO-Alexis 6:30-Jamz- Petra	6 9:15-Lift & Tone- Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	7 9-Jamz- Petra 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
9 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Morgan	10 9:15-Lift & Tone-Amy L 10:30-yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Nell	11 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-CT/ABS- Geri 6:30-Easy Yoga- Maggie	12 9:15-20/20/20- Jennifer 10:30 Yoga- Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	13 9:15-Lift &Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Kelly	14 9-Tabata-Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
16 9:15-Ripped-Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri 6:30-Barre-Morgan	17 9:15-Lift & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Valerie	18 9:15-Jamz- Leah 10:30-Sit & Fit- Kelly 5:30-Tabata-Kelly S 6:30-No Class Tonight	19 9:15-20/20/20- Jo Ann 10:30 Yoga/Pilates-Robin 5:30-PIYO-Stephanie 6:30-Jamz- Karen	20 9:15-Lift & Tone- Marcella 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Jo Ann	21 9-Jamz- Karen 10:10-Yoga- Tina 11:20-Easy Yoga-Tina
23 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Morgan	24 9:15-Lift & Tone-Molly 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS- Geri 6:30-Lift & Tone-Valerie	25 9:15 CT/ABS- Geri 10:30-Sit & Fit-Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga-Tina	26 9:15-20/20/20- Jo Ann 10:30-Yoga-Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Karen	27 9:15-Lift & Tone- Terry 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Robin	28 9-Tabata- Alexis 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
30 9:15-ST/CT-Jo Ann 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force - Alexis 6:30-Barre-Morgan	31 9:15-Lift & Tone-Jennifer 10:30-Yoga- Geri 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Nell				